

Teenager's memorial raided

Family of Brandon Thomas, who was killed by an alleged impaired driver, pleading for items to be returned

Bloodshed in Egypt

Muslim Brotherhood supporters remain defiant as military, police clamp down on sit-ins

Spanish train driver charged

Driver involved in the deadly train derailment is questioned by a judge in Spain on Sunday

LET'S TALK ABOUT THE BEST SHOWS ON **TELEVISION**

THE WRITERS' ROOM LOOKS AT THE CREATIVE PROCESS BEHIND SHOWS LIKE BREAKING BAD, DEXTER AND NEW GIRL PAGE 19





DEERFOOT CHA

Charges are pending against a man believed to be the driver of the van seen here, after he allegedly led police on a wild chase the wrong way down Deerfoot Trail early Sunday morning and rammed into several police cars that attempted to stop him. At least one officer opened fire during the incident. See story, page 3. PASCAL MARCHAND/FOR METRO

Flood money will depend on where you live

Rules. New formula will allow damaged homes to be rebuilt to 'basic' standard

Albertans living in impacted flood-fringe areas will receive an average of \$10,000 to beef up protection in their homes, and the province will rely on a new formula to restore — or completely rebuild - properties severely damaged by June's historic water surges, officials announced Sunday.

However, no additional funding to perform min-imum-standard mitigation upgrades to basements, such as sealing openings and protecting electrical fixtures, will be provided to residents with homes in the mapped

The province has made it clear it wants to vacate those areas, which would likely be heavily hit again during a onein-100-year flood.

Municipal Affairs Minister Doug Griffiths conceded Sunday that even mitigation in the flood fringe does not necessarily mean homes will be flood-proof.

"The mitigation is about what measures can be taken so we're not spending \$150,000 of taxpayers' dollars to redo a basement and instead making sure it's \$3,000 to \$4,000 to do it," he said.

But details of the policy did little to inspire organizers of the Calgary River Communities Action Group, who believe broader mitigation in the form of berms and dikes will be more effective than upgrading basements.

"Calgary is the economic engine of Western Canada and we just experienced a flood that essentially shut us down for two weeks," said Elbow Park resident Emma May.

"Modern cities shouldn't flood," she added.

An expert panel has been tasked by the Alberta government to review larger-scale mitigation measures.

The province also announced compensation for recovery of homes based on a formula that takes into account current market values.

Floodway homes will also receive a permanent notice on their land titles, informing potential buyers that they are not eligible for future disasterrecovery funding in the event of another flood.

IEREMY NOLAIS/METRO

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Olympic Plaza

Man charged in suspicious death

Police charged a Calgary man with second-degree murder over the weekend in relation to the suspicious death of another man at Olympic Plaza.

William Littlechild, 20, was taken into custody shortly after officers found the body of a man in the 200 block of 8 Avenue S.E. around 10:15 p.m. Friday.

He was charged with murder on Saturday.

An autopsy is set for Monday to determine the exact cause of death and the man's identity.

Investigators ask anyone with information to call police at 403-266-1234, or Crime Stoppers anonymously at 1-800-222-8477. метко

12 years old

Young dirt biker dies after collision with SUV

A 12-year-old boy died in hospital Saturday after his dirt bike collided with an SUV Friday evening, according to police.

Investigators said the crash happened around 7 p.m. as the youth rode out of an alley and in front of an Acura MDX headed south in the 1900 block of 10A Street S.W.

The youth, who was not wearing a helmet, was taken to hospital in life-threatening condition and later succumbed to his injuries.

No charges are pend-ing against the 16-year-old driver of the SUV. Police do not believe alcohol or speed were factors in the collision. metro



Officer opens fire during wild pursuit

Deerfoot Trail. Driver of minivan could face a multitude of criminal offences, according to police



ROBSON FLETCHER

At least one police officer opened fire during a wild chase early Sunday morning that saw the driver of a stolen minivan flee the wrong way down Deerfoot Trail and ram into several police vehicles before eventually being stopped.

No one was injured as a

result of the shooting, according to Duty Insp. Guy Baker, but a female passenger needed to be extracted from the crashed minivan.

The driver of the minivan was arrested and charges are pending, while the woman remained in hospital Sunday, Baker said.

The chase began around 2:20 a.m., he added, when officers arrived near Deerfoot Trail and Freeport Boulevard N.E. to investigate reports of car prowling.

There, they found a man and a woman and confronted the pair as they got into the van, which fled the area and headed southbound in the northbound lanes of Deerfoot

caused "significant risk to the public," officers then set up several police cars in an attempt to block the van, Baker

"I'm not sure we would say it was a blockade," he said. "We had just engaged to prevent the driver from continuing."

Pascal Marchand, a photographer at the scene, said at least three police vehicles were "significantly damaged" in collisions.

"It was pretty crazy," he said. "It was unbelievable."

The van was stopped in the eastbound lanes of 64 Avenue, Marchand added, near the ramp to southbound Deerfoot Trail.

The Major Crimes Section is investigating, which is standard procedure whenever an officer fires a gun in the line of duty.

- The Alberta Serious Incident Response Team is also investigating, focusing on events leading up to and after the discharge of the firearm.
- Police would not immediately speak to how many shots were fired, where the gun was aimed, or other details relating to that part of the incident.

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metronews.ca Monday, July 29, 2013

These shots show a memorial set up in honour of Brandon Thomas, who was killed by an alleged impaired driver, before and after it was apparently hit by thieves in Cochrane on Friday, convenient thomas

Mom begs thieves to return son's memorial

Roadside tribute.

Mother had visited the site twice a week since Brandon Thomas' death in December



JEREMY NOLAIS jeremy.nolais@metronews.ca

Family members of an Alberta teenager killed by an alleged impaired driver are pleading for thieves to return numerous treasured keepsakes stolen from a roadside memorial.

Cochrane resident Brandon Thomas, 17, died on Dec. 6 on Highway 22 when a pickup truck police say was being driven in the wrong lane slammed into his car head-on. He died on scene.

In his honour, friends and family established a roadside memorial right at the spot where his vehicle came to a rest. It consisted of a

Tire tracks

 Kim Thomas said she discovered fresh tire tracks in a ditch near the memorial for her son and has alerted Cochrane RCMP about the theft. But no one at the detachment could be reached for comment on Sunday afternoon.

cross and numerous mementoes, including Brandon's wallet, model cars, an Xbox controller he carted around to friends' houses, a teddy bear from an ex-girlfriend with whom he'd stayed close and cherished photos and flowers.

But Brandon's mother, Kim Thomas, says every item was stolen sometime on Friday.

She and Brandon's sister Kayla called the RCMP, Alberta Transportation and Rocky View County to determine if any officials took the memorial down, but none claimed responsibility.

Kim is now pleading with whoever did take the items to simply return them to the roadside memorial, no questions asked.

"Somebody already took the most important thing from us, and that's Brandon," she said on Sunday. "I don't want justice, retribution or anything ... these things represent love, they were all given out of love."

Kim is also making plans to put new items in place of the memorial and has even considered camping nearby to ensure they aren't tampered with.

"The value, dollar-wise, means nothing, but that's Brandon's stairway to heaven right there," Kim said. "That's where a lot of people, me in particular, go where I'm starting to feel a small measure of being OK. We'll never replace any of that stuff."

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Near sold-out folk fest perseveres post-flood

The post-flood roar of backhoes and dumptrucks gave way this weekend to the sweet sound of harps and acoustic guitars at the Calgary Folk Music Festival. Officials said Sunday that

officials said stinday that for the fourth and final day of the 2013 edition, all but 100 tickets were bought up by music and arts fans. This, despite initial doubts that the festival would even hap pen after floodwaters ravaged its home on Prince's Island Park last month.

"People have all survived something together. There were very few people who weren't impacted (by the flood," artistic director Kerry Clarke said. "I think there's a bit of coming together and feeling like we've all persevered."

Sellouts on Thursday, Friday and Saturday meant that as many as 13,000 people flocked to Prince's Island to catch acts such as Alabama Shakes, Thievery Corporation and Steve Earle.

But Clarke was quick to point out that many more took in the artisan market and performers on one festi-



val stage for free, since both were moved to Eau Claire Market while flood repairs continued at their previous island spots.

Lindsay Saunders, owner and founder of Cinder & Sage Designs, said she actually saw a spike in business at the Eau Claire site compared to three previous years at the artisan market on Prince's Island.

"Obviously, we would rather be on the island to see all the action and hear the music, but it's been a good alternative," she said.

Sunday evening's scheduled performers were Kurt Vile and the Violators, Creedence Clearwater Revisited and others.

JEREMY NOLAIS/METRO













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83 killed in Egypt clashes

Crackdown expected.PM given right to give military power to arrest

Escalating the confrontation after clashes that left 83 supporters of Egypt's ousted Islamist president dead, the interim government moved Sunday toward dismantling two pro-

Mohammed Morsi sit-in camps, accusing protesters of "terrorism" and vowing to deal with them decisively.

Morsi's Muslim Brotherhood denounced Saturday's bloodshed as evidence of the brutality of the military-backed regime. But many accused the group's leaders of trying to capitalize on the loss of life to win sympathy after millions took to the streets in a show of support for the military chief who ousted Morsi in a coup.

Gen. Abdel-Fattah el-Sissi said he would take the popular support as a mandate to deal with violence and "potential terrorism."

Brotherhood supporters staunchly reject the new leadership and insist the only solution is to reinstate Morsi. Meanwhile, the interim leadership is pushing ahead with a fast-track transition plan to return to a democratically elected government by early next year.

The violence continued Sunday, when clashes during funerals for two of the slain Morsi supporters left two men dead and scores injured.

Interior Minister Mohammed Ibrahim warned security forces would deal decisively with attempts to destabilize the country. THE ASSOCIATED PRESS

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Abertan Government

Talks. Israeli cabinet approves release of 104 Palestinian prisoners

The U.S. on Sunday announced the resumption of Israeli-Palestinian talks following years of stalemate, after Israel's cabinet agreed to release 104 Palestinian prisoners convicted of deadly attacks.

The return to direct contact between the sides gave U.S. Secretary of State John Kerry his first concrete achievement after months of shuttle diplomacy.

The U.S. said preliminary talks would begin Monday, but it remained unclear whether they will lead to a formal resumption of peace talks that broke down in 2008

Despite a return to the table, neither side appeared upbeat. Each has blamed the other for the lack of success in 20 years of negotiations interrupted by bouts of violence.

Chief Palestinian negotiator Saeb Erekat welcomed the vote on the prisoners as a "step toward peace," one he said is long overdue.

Negotiators made progress in previous rounds, and the outlines of a deal have emerged — a Palestinian state in most of the West



Bank, Gaza and east Jerusalem, lands captured by Israel in 1967, with border adjustments to enable Israel to annex land with a majority of nearly 600,000 settlers.

Those talks broke down before the sides could tackle the most explosive issues, a partition of Jerusalem and the fate of Palestinian refugees and their descendants.

Israeli analyst Yossi Alpher said that a prisoner release in stages gives Netanyahu additional leverage during negotiations

"Netanyahu can refuse to release the later batches if there's no progress."

THE ASSOCIATED PRESS

Improving tense ties

Afghan president accepts invitation to visit Pakistan

Afghanistan's president will make his first visit to Pakistan in more than a year in an effort to mend strained relations between the two countries and in the hopes that he can enlist the support of the new Pakistani government to help end the nearly 12-year Afghan war, an official said Sunday.

The two nations have had tense ties for years, and

Afghanistan has accused Pakistan in the past of supporting the Taliban in the movement's fight against the Afghan government.

But the election two months ago of a new prime minister in Pakistan has raised hopes in Kabul that Islamabad will be more open to helping start peace talks with the Taliban than the previous government — which it perceived to be more hostile to Afghanistan and its president, Hamid Karzai.

Pakistan is seen as a key player in the Afghan peace process. **THE ASSOCIATED PRESS**

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PM no longer signs big hospitality bills

Unannounced move.

Harper has handed off the political hot potato to the clerk of the Privy Council following controversy over costs

Stephen Harper's signature is no longer needed for big hospitality bills run up by his bureaucrats.

The prime minister has delegated that sometimes controversial duty to his senior public servant, the clerk of the Privy Council.

The unannounced move — made last June — followed revelations of large hospitality expenses approved by Harper himself in the months before.

The prime minister's pre-approval was given for an estimated \$22,000 hospitality bill in late 2011 for visiting European bureaucrats, for example, at a time of federal belt-tightening.

#nochildforsale



The final hospitality costs for the three-day Ottawa event — including alcohol — were lower than expected, at \$16,000 for 45 people, 10 of them Canadian public servants.

The year before, The Canadian Press reported that Harper personally approved a \$7,400 bill for "refreshments" at a town hall meeting of public servants. The \$42,000 event was held at the posh Westin Hotel, where meeting rooms cost \$5,000 an hour.

Under the previous proto-

col, Harper was required to pre-approve all hospitality costs in excess of \$5,000, under a government-wide directive to all ministers.

But Treasury Board rules also allow a minister to delegate the authority to a deputy minister.

Wayne Wouters, clerk of the Privy Council, now has signing authority, and must report his approvals on amounts over \$5,000 to Harper every six months.

In the first six months after getting signing authority, Wouters reported, he approved \$43,550 in hospitality at three events, including a whopping \$27,000 for a four-day international spy conference in May, 2012.

Total costs for the International Intelligence Review Agencies conference, held in Ottawa for 60 delegates, ran to \$136,000. The Canadian Press obtained the information under the Access to Information Act. THE CANADIAN PRESS



Ohio kidnap victim celebrates her freedom

Amanda Berry, one of three women held captive in a Cleveland home for a decade, makes a surprise appearance at the RoverFest concert in Cleveland in this photo taken on Saturday. Berry, 27, appeared at a public event for the first time since her rescue, a day after her abductor, Ariel Castro, pleaded guilty in the case. The rapper Nelly called Berry back to the stage after his music set. THE ASSOCIATED PRESS/COUNTESY BRIAN HARRELL

Pride and prejudice

Arrest made after online threats to U.K. feminist

British police on Sunday arrested a man in connection with online threats made toward a feminist campaigner, a case which has ignited calls for social media platforms to institute stronger protections against verbal abuse.

Caroline Criado-Perez says she has been facing a deluge of abuse — including threats to rape and kill her — over Twitter during the past several days. She said the threats started after her campaign to get a woman's picture on a U.K. bank note succeeded and resulted in the Bank of England's announcement last week that author Jane Austen will feature on England's new 10-pound notes.

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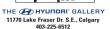






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Spanish train driver charged in 79 deaths

Derailment. Bystander claims Francisco Jose Garzon Amo told him after the crash that he wasn't able to brake

The driver of a Spanish train that derailed at high speed killing 79 people was provisionally charged Sunday with multiple cases of negligent homicide.

A court statement said investigative magistrate Luis Alaez released Francisco Jose Garzon Amo without bail.

The statement said Garzon must appear in court once a

Local resident

"He told us that he wanted to die."

Evaristo Iglesias, a Spanish resident who was with train driver Francisco Jose Garzon Amo after the crash last Wednesday

week and is forbidden to leave Spain without permission.

Garzon was not sent to jail or required to post bail because none of the parties involved felt there was a risk of him fleeing or attempting to destroy evidence, the statement said.

Garzon was questioned for almost two hours at the court in Santiago de Compostela, the northwestern town near where the accident occurred.

Garzon was driving the train carrying 218 passengers in eight cars that hurtled far past the 80 km/h speed limit into a high-risk curve on Wednesday, tumbling off the tracks and slamming into a concrete wall, with some of the cars catching fire.

A local resident who rushed to the scene of the accident said in an interview broadcast Sunday that minutes after the crash Garzon had told him he had been going fast and couldn't brake.

"He said he had needed to brake but couldn't," said Evaristo Iglesias.

THE ASSOCIATED PRESS

France

Thieves swipe \$53M in jewels

A staggering 40 million euro (\$53 million) worth of diamonds and other jewels was stolen Sunday from the Carlton Intercontinental Hotel in Cannes, in one of Europe's biggest jewelry heists in recent years, police said. One expert noted the crime follows recent jail escapes by members of the notorious "Pink Panther" jewel thief gang.

The hotel in the French

The hotel in the French Riviera was hosting a jewelry exhibit over the summer from the prestigious Leviev diamond house, owned by Israeli billionaire Lev Leviev.

THE ASSOCIATED PRESS

Sticking it out. Weiner pushes forward despite loss of campaign manager

Anthony Weiner vowed to stay in the race for New York City mayor Sunday after the loss of his campaign manager and the drumbeat of critics questioning his fitness for public office after new revelations of lewd online behaviour.

Weiner confirmed that campaign manager Danny Kedem resigned Saturday after reports surfaced that Weiner had continued to exchange lewd photos and messages with women despite resigning from Congress in 2011 over the same behaviour.

THE ASSOCIATED PRESS







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Body of dead children's mother found in river

Winnipeg. Woman had been missing since children found at home

Winnipeg police confirmed Sunday that the body pulled from the Red River on Saturday morning is that of Lisa Gibson.

The mother of two disappeared after both her children were reportedly found drowned in the bathtub of their Westwood neighbourhood home on Wednesday.

Police were initially hopeful that Gibson was alive and in hiding, but by Friday they began concentrating their efforts on searching for her body on the Assiniboine River, which runs near her

Her body was spotted by canoers near the Alexander Docks at the Forks, very near where the Assiniboine and



Red Rivers meet.

Const. Eric Hofley said that despite finding Gibson's body, the investigation will continue.

So far, family members have not talked to the media, except to issue a request through police that they be left alone to grieve.

Hofley said autopsies have been conducted on Anna, 2, and Nicholas, three months, but they would not be releasing the cause of death due to the ongoing investigation. Hofley added an autopsy has also been completed on Lisa's

Police would not confirm that the children were found drowned, how they died or how Gibson died or ended up in the river.

The police tape is now down around the family's home, but a makeshift memorial of balloons, flowers, stuffed animals and notes of love and sadness remains piled on the property. A group of mothers held a vigil there Thursday night. Many others have taken to social media to express their sadness and horror.

There are reports Gibson was suffering from postpartum psychosis, but Hofley said he could not confirm any details on Gibson's mental health. elisha dacey/metro, with FILES FROM THE CANADIAN PRESS

Airport death

Verdict looms in Taser perjury case

One of four Mounties accused of lying to an inquiry into the death of immigrant Robert Dziekanski will learn his fate Monday. Const. Bill Bentley's troubles began when he tried to reconcile video evidence with what he initially told police. THE CANADIAN PRESS

Girl run over

Teens surrender in apparent egging gone badly wrong

Three teen boys allegedly involved in a hit-and-run that left a girl with broken legs have turned themselves in, say police in Abbotsford, B.C.

Early Saturday, a group of teens were at a bus stop when a truck slowed and two passengers started throwing eggs, police say. One of the teens went up to ask why, but the truck took off, running the girl over, police say. METRO IN VANCOUVER

Spain

Teen boy gored at run-of-the-bulls

Police say a 16-year-old boy has been gored to death at a running-of-the-bulls festival in a Spanish town. The youth was struck in the back while celebrating Saturday's Apostle James feast at Isso, 322 kilometres southeast of Madrid.

THE ASSOCIATED PRESS

Rash of incidents

Innu community mulls booze ban

Band councillors in the Labrador Innu community of Sheshatshiu say it's time to consider banning alcohol after a string of recent deaths, accidents and arrests.

Leaders are getting legal advice for a possible bylaw that will be publicly discussed later this summer and would be voted on by residents, said council member Greg Pastitshi.

He said a ban would send a message backed by police. THE CANADIAN PRESS



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Police have zero leads in random 20-man beating

Dartmouth, N.S. Attack believed to be entirely unprovoked



ANDREW RANKIN

Police are asking for the public's help in finding the attackers involved in an early morning swarming in Dartmouth, N.S., that sent one man to hospital.

The incident occurred at 12:30 a.m. Sunday, when a group of five adults in their early 20s were attacked by about 20 young men.

None of the victims — three men and two women were seriously injured in what police are calling a random and unprovoked attack.

One man was sent to hospital for precautionary reasons but was later released.

A backpack was alleged-

ly stolen from one of the women, containing identification and a cellphone. A police K-9 unit later found the bag with the phone missing.

So far police have no suspects or leads. The attackers are all described as being in their late teens or early 20s

"We're hoping that anyone

who might have witnessed the altercation would come forward and speak to us," said Halifax Regional Police spokeswoman Sgt. Christina Martin.

Last December, police responded to two Dartmouth swarmings on the same even-

A 21-year-old woman was punched and kicked after three females tried to steal her backpack at a bus terminal.

Two men were swarmed by five or six males about 45 minutes later. Police say a knife was used in the assault, which left one of the victims with cracked teeth.



'It's real hot out.' 'Mhmm.'

'Ia.'

Men relax in the cool water during sunny weather in a lake near Erfurt, central Germany, on Sunday, with

Wildfire smoke threatens to choke out community

A pall of heavy smoke from a raging wildfire is forcing evacuations from the remote fly-in community of Fond-du-Lac in northwest Saskatch-

The local RCMP detachment says about 200 people at high risk to smoke inhalation — seniors, infants, and people with respiratory conditions — were airlifted out Saturday as a precaution.

It's believed most were headed to Prince Albert, about 900 kilometres to the

The fire burning on the other side of Lake Athabasca from Fond-du-Lac covers some 50 sq. km and is sendfrom ing towering columns of black smoke high into the

The RCMP say that as temperatures cool at night, smoke has been descending on the community like a fog.

There is no immediate threat from the fire itself and no plans right now to evacu-ate the rest of Fond-du-Lac's approximately 1,000 residents, but that could quickly change if the fire escalates.

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metr⊕

16

metronews.ca Monday, July 29, 2013



Social media tracking property lost to Nazis

Holocaust. Heirs of victims stand to receive compensation

When Cati Holland checked her email a few weeks ago, she was surprised to find a message saying she was eligible for compensation for her grandmother's Berlin store that was seized by the Nazis more than 70 years ago.

It wasn't spam or a phishing attempt or even a legitimate note from a German official working to track down victims and their heirs. Rather, it was from an Israel-based social-media genealogy company that is using the Internet

Quoted

"We are only just seeing the huge impact that social media will have on Holocaust history."

Robert-Jan Smits, the director-general of the European Union's commission for research and design

to help match property stolen by the Nazis to heirs of the victims.

"My grandmother told me so many stories about the store — about the beautiful dresses and fancy hats they made, the wealthy customers who wore them," Holland, 75, told The Associated Press by phone from Hadera, Israel.

"But we always thought everything had been lost after my parents fled the Nazis. It never even occurred to us to claim any kind of restitution. I was completely surprised about that email."

Since the collapse of the Third Reich in 1945, Germany has paid around 70 billion euros (\$92 billion US) in compensation to the victims of the Holocaust. More than two million people have received lump-sum payments or an ongoing monthly pension.

Holland's level of compen-

Holland's level of compensation will depend on various factors, such as the value of the property and how many people will apply for restitution until 2014.

TION UNTIL 2014.

Austria's sale of bell praising Hitler strikes the wrong note

Like many others in Austria's countryside, a tower bell above the red-tiled rooftops of Wolfpassing village marks the passing of each hour with an unspectacular "bong." But this bell is unique: It is embossed with a swastika and praise to Adolf Hitler.

And unlike more visible remnants of the Nazi era, the bell was apparently overlooked by Austria up to now.
Ensconced in the belfry of

Ensconced in the belfiy of an ancient castle where it was mounted by fans of the Nazi dictator in 1939, the bell has tolled on for nearly 80 years.

Local historian Johannes Kammerstaetter says most villagers would have known about it. But village Mayor Josef

Devil in the details

- The Wolfpassing bell pays homage to Hitler for his 1938 annexation of Austria, a move supported back then by the vast majority of the nation's

 citizent
- It describes Hitler as "the unifier and Fuehrer of all Germans."

Sonnleitner asserts even the villagers had no clue until the first media reports last month on the "Fuehrerglocke," or "Fuehrer Bell."

In any case, the govern-

ment's recent sale of the castle — with all its historical trappings — has suddenly made the bell an issue beyond the sleepy village of 1,500 people about 100 kilometres west of Vienna.

In a country particularly sensitive about suggestions it has not fully faced its Nazi past, officials are scrambling for explanations of why the bell apparently evaded notice for so long. They also are under pressure to justify a ruling by the government agency in charge of historic monuments that it must remain part of the castle as part of its heritage—despite the refusal of the new owner to say what he plans to do with it. THE ASSOCIATED PRESS

metronews.ca
Monday, July 29, 2013

BUSINESS 17

Demand for cyber insurance soars

Online attacks. Spate of high-profile data breaches has made firms eager to protect themselves from losses

When Brian Rosebaum started pitching cyber insurance to companies in 2006, he was met with blank stares from risk managers and resistance from information technology experts, who insisted their networks were impenetrable.

All of that has changed in the past year and a half, said Rosebaum, who heads the cyber insurance division of Aon Corp.'s Canadian brokerage arm.

"We've reached a threshold where people are now coming to us instead of us going to them," said the vice president.

Insurance brokers say the frequency of high-profile data breaches is causing a surge in

Quoted

"This is the fastest growing area of commercial insurance in the world right now."

Michael Peterson, a managing director at Marsh Canada Limited

demand for insurance products that protect against losses stemming from cyber attacks.

A breach can be costly. Companies face notifying clients that their personal information has been compromised, offering credit protection services, hiring a crisis management firm and defending against lawsuits.

Aon has placed more cyber insurance policies in just the last 18 months than it did in the previous five years, said Rosebaum. "People are beginning to understand that this is a risk that can affect any business."

Financial institutions, online retailers, hotels and restau-

Data breaches

- On Thursday, U.S. prosecutors charged five people with stealing 160 million credit and debit card numbers from companies including 7-Eleven Inc., JC Penney and French retailer Carrefour, calling it the largest data breach in the country's history.
- Other victims of data breaches in the past few years include Sony's PlayStation Network, financial institution Citigroup and a number of Canadian government departments.

rants, health-care companies and educational institutions are driving the demand because of the volume of personal and financial data they collect, said Rosebaum. THE CANADIAN PRESS



If a turtle could talk to itself, what would it say?

Here's a new twist on zoo marketing — the San Antonio Zoo has taken to posting imaginary conversations on Facebook between the right and left heads of its celebrated two-headed Texas cooter turtle, Thelma and Louise. Zoo officials report that the turtle, who was born last month, has been doing well. Spokeswoman Debbie Rios-Vanskike says the turtle eats and swims, and that the two heads get along. Check out what the shell-backed duo has to say at facebook.com/thelmaandlouise.turtle. SAN ANTONIO ZOO/THE ASSOCIATED PRESS FILE

Nova Scotia

Mission aims to fight oyster disease

Eleven years after a fatal disease damaged Nova Scotia's oyster industry, a delegation is travelling to the U.S. to learn how New England's aquaculture industry was so successfully revitalized.

The aquaculture associations of both Nova Scotia and Prince Edward Island are leading a group of researchers, industry delegates and government



officials to Maine, Massachusetts and Rhode Island for a visit to discuss technology and policy approaches to battle MSX disease.

Paris

Merger to create world's largest advertising firm

Omnicom Group Inc. and Publicis Groupe SA say they are combining in a "merger of equals" that will create the world's largest ad firm, worth more than \$35 billion US. The move is meant to bolster the companies' focus on growing Asian and Latin American markets.

THE ASSOCIATED PRESS

Proposal could speed up retirement of Sea Kings

The Harper government has been asked to accept the air force's long-delayed CH-148 Cyclone maritime helicopters as they are currently configured and gradually phase them into service using regular software upgrades intended to make the aircraft fully operational.

The proposal is being floated publicly by Sikorsky aircraft in the wake of a federal cabinet shuffle that has left both National Defence and Public Works with seasoned but not yet fully acclimatized ministers.

At the same time, the aircraft

maker and Defence have agreed to a separate plan that would allow flight testing to begin on four helicopters that have been delivered to the military air base in Shearwater, N.S. Twentyeight of the aircraft have been ordered.

The evaluation, to begin in early August, inches the politically painful program ahead for the Conservative government, which has grown more impatient and vocal in its frustration over the replacement of decades-old Sea Kings.

THE CANADIAN PRESS





metr⊕ **VOICES**

CAR CULTURE LEADS TO CREATIVITY

Calgarians need new language to describe how we get from A to B.

It's often said that Calgary has a "car culture." The implication is that everyone drives everywhere rather than walking, cycling and taking transit.

That's not entirely baseless: A Statistics Canada study based on 2005 data found 75 per cent of Calgarians made all trips exclusively by car. Compared with cities like Vancouver (at 69 per cent) and Montreal (65), the "car culture" label seemed to fit.

But that was eight years ago, and now we see many signs of Calgary moving beyond "car culture." That term feels dated. It's easier than ever for Calgarians to use alternatives to their motor

You don't have to look far to see examples. Calgarians still drive a lot but they also bike on freshly minted cycling infrastructure, ride the train and walk to smart cars they don't own.



Jeremy Klaszus calgary@metronews.ca

Sometimes they do a mix of these. In 1999, 42 per cent of downtown commuters during rush hour were drivers, according to city data. By 2010 that had dropped to 35 per cent. The percentage of transit users, pedestrian commuters and cyclists all increased during this time.

In the last year alone, Calgary has seen its first separated cycle track, a major new LRT leg and the introduction of a sophisticated carsharing system, car2go, that began in cities such as Düsseldorf, Germany, and Austin, Texas, before coming here.

Just over a year after the launch, Calgary is the fastest-growing car2go city worldwide. Last week, car2go revealed that it now has 400 cars here, up from 150 when it launched.

The company has pointed out (accurately, I think) that it's almost as if Calgarians had been awaiting such a service. It's interesting to look at how people use car2go. Use it exclusively and it gets expensive quick, but add it to the mix with walking, transit and use of owned vehicles, and it can be more than worthwhile. We are shifting from "car culture" to a culture of creative

Our language should reflect this. If we talk about ourselves as creative commuters, rather than car addicts, that opens up possibilities and gets people thinking about how they get around. Driving our cars is just one option in a cornucopia of commuting choices.

In this climate, it's especially absurd to portray people who use one mode of transportation against those using another. For example, one sometimes hears of a so-called "drivers versus cyclists" fight — as if people exclusively use one mode of transportation and despise those who use others. That narrative doesn't fit the Calgary of today.

Drivers and cyclists are often the same people. I drive the kids to daycare. I bike to work. Like many others in this city, I sometimes end up using three or four modes of transportation in a single day.

That's creative commuting. We're only going to see more of

ZOOM

Faithful flood Brazilian coast



Massive crowd to see Pope Francis

Nearly the entire four-kilometre crescent of Rio's Copacabana Beach overflowed with flagwaving followers on Sunday for the final mass of Pope Francis's historic trip to his home continent, cheering the first Latin American pope in his final homily of World Youth Day. THE ASSOCIATED PRESS

The stench of garbage and human waste hung in the humid air, and the beach and adjoining chic Atlantic Avenue looked like an improvised refugee camp. Copacabana's famous sidewalks were strewn with trampled cardboard, plastic bags, empty water bottles and cookie wrappers.

The Vatican said more than 3 million people were on hand for the mass, based on information from World Youth Day organizers and local authorities who estimated two-thirds were from outside Rio. That was far higher than the 1 million at the last World Youth Day in Madrid in 2011 or the 850,000 at Toronto's 2002 concluding Mass. The next World Youth Day will be in Krakow, Poland, in 2016.



Hundreds of thousands of pe slept in the sand awaiting the

If you tend to throw back a few too many cocktails on these balmy summer nights - and who doesn't — you may find that your judgment is a little skewed. So raise your glass to these apps that determine whether you're in shape to drive home, or if you should be calling a cab.

AlcoDroid

Gives you a blood-alcohol content estimate based on the number of drinks you've consumed. It also functions as a diary that lets you track your drinking habits over time and includes a Facebook function that updates your friends, in case you are too inebriated to do it. Available on Android.

Last Call

This app is a gem for BAC calcula-tions. Key in the drinks you've consumed, and the app will figure out how drunk you are instantly. It's been lauded for its easy-to-use interface and has some bonus features: Location-based taxi search and a list of local DUI lawyers. For iOS.



@metropicks asked: A two-headed turtle gets its own Facebook page. If your pet had a Facebook page, what would its status say?

@rblaprairie: My pet beta fish would always have a status that read: "this tank is still being tested"

@PlainSJ: "Owners put me down last month. AVENGE MY DEATH!"

@momomoto: "Pooping."

games that challenge your skills and memory while you're under the influ-

tiple profiles. The app comes with ence. For iPhone. METRO

BreathalEyes

Funtoxication

This one is unique because instead of

inputting a number of bevies, you use

the phone's camera to take a video of

based on the shakiness of your gaze. The downside is this does require

someone you're with to have a steady

hand. It's available for iPhone but an Android version will be on tap soon.

Your friend claims they got "wasted" last night. Really? This app gives you

proof with the ability to set up mul-

your eye, and the app determines BAC

@VulgarViking: Oh you've returned...feed me now and I'll let you know when I want to be petted! #MvCatOscar

@FrenchmanCanada: "I'm a dog, I know how to use a computer and the first thing I do is setup a FB account. My owner was right, I am a dumb doa.

Follow @metropicks and take part in our daily poll.

VE WANT TO HEAR FROM YOU: Send us your comments: calgaryletters@metronews.ca



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metronews.ca 29 SCENE 19

All rounder Rash makes Room for talented writers

Q&A. Oscar-winning screenwriter talks about his new show The Writers' Room and audiences' newfound respect for storytelling

NED EHRBAR

Metro World News in Hollywood

Jim Rash's resumé is already pretty robust, earning acclaim as a comic actor (Community), director (The Way, Way Back) and screenwriter (The Descendants, for which he and co-writer Nat Faxon won an Oscar), but there's always room for more. His latest gig is hosting The Writers' Room, a roundtable discussion series going behind the scenes of fanfavourite television series like Breaking Bad, Game of Thrones and New Girl.

The idea of TV being "the writer's medium" has really taken hold with audiences. Where do you think that's coming from?

I feel it's because of this rabid fan base, this need for knowledge that we all have. I feel like they have respect now for the storytelling. Not that no one had an idea where it came from, but I feel like people have a newfound respect for good stories. I think TV's in a really great place right now as far as embracing flawed, sometimes questionable people, from Dexter to Breaking Bad to any of

these shows like Mad Men—complex characters that you get so frustrated by. In the age of binge-watching, catching up on shows that you missed, all these things lead you to wondering about the story.

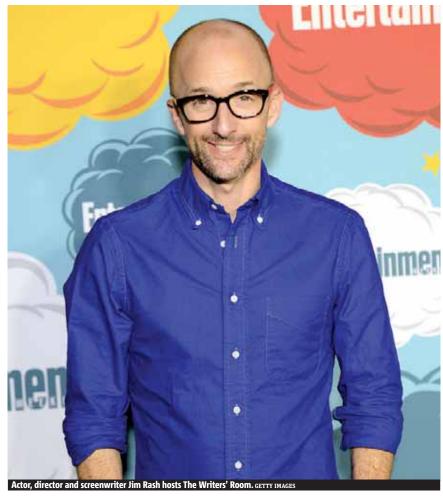
You also have things like Comic-Con, where showrunners get as much attention as actors.

Yes, I think it's another outlet. It's another version of social interaction and connection to people that we didn't have certainly when I was growing up. We just watched the TV show, maybe read a magazine or a review.

If you could pick any series, living or dead, from the history of television for The Writers' Room, what are your dream choices?

Ít's tough. I'd be very curious talking to MASH writers just because I have a fascination with the balance of comedy and extreme drama and just the idea behind that show. I feel like I'd want to do a moment with the Cheers writers just because that's probably the quintessential show of my life. Then I think I would want to sit down with Lost because I have a lot of questions, being a guy who watched from the beginning with

How about having Dan Harmon on The Writers' Room now that he's back running Community?



I'd love to do Community. I know that Walking Dead was on the list to be done, but it was an AMC decision. I start with Breaking Bad and then I get to do that.

So I feel like there's lots of shows that would be all on board to do it. And I think a lot of them, as soon as they see what it is, I feel like they'll embrace it because it really is a celebration of what they're doing. So I hope they'll see that it's light and fun and introspective about their process.

Read metr@drive every Wednesday.



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Monday, July 29, 2013

Amanda Bynes' parents worried about their cash cow?

Amanda Bynes' parents' first attempt to secure a conservatorship over their troubled daughter didn't pan out, but they're not giving up just yet.

Rick and Lynn Bynes have filed a petition requesting they be appointed Amanda's temporary conservators until a more permanent decision can be made.

"We are deeply concerned that Amanda poses a substantial risk to herself, to others and to property based on recent events in her life," the petition reads, according to TMZ.

The document points to "extremely paranoid" behaviour.

"She would cover smoke alarms with towels, tape windows shut and cover her car's dashboard with cardboard and tape" because she claimed that "cameras were watching her from inside these places," according to the document.

Rick and Lynn are mostly worried about the amount of damage Amanda could do with her \$3.3 million in



assets.

"We are informed and believe that a substantial amount of money is being used to pay for marijuana and other illegal substances, and possible plastic surgery," the petition states.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Are creepy old men not a sought after demographic?



STARGAZING
Malene Arpe
scene@metronews.ca

A Taylor Swift's Biggest Fan contest is cancelled when it looks like a creepy 39-year-old man is going to win. "Not so fast, there" says Taylor. "Is he perhaps someone who could potentially cause me to experience a dramatic May-December-type heartbreak? Does his name rhyme with 'sadness?'"



Friends are reportedly concerned Emma Roberts is turning into the next celebrity train wreck. "But," says Lindsay Lohan, "my reign has only just begun."

Dina Lohan was reportedly drunk and slurred

her words when she called Lindsay in rehab for a long-distance family therapy session. "Try topping that, Emma Roberts. I dare you," says Lindsay.

Celebrity Math. Question: If David Spade's mansion sells for \$10.3 million after six years on the market and Goldie Hawn and Kurt Russell sell their Malibu mansion for \$9.5 million, how will Courtney Love pay the \$260,000 she owes in taxes? Answer: By asking Justin Bieber, who made \$58 million last year, Spike Lee who's trying to raise \$1.25 million on Kickstarter and Teen Mom star and bottomless well of ignorance, Farrah Abraham, who has so far made \$119,576.39 off her sex tape.



Bridesmaids star back on the market

Kristen Wiig is back on the

The Bridesmaids star has reportedly split from the Strokes drummer Fabrizio Moretti after a year and a half of dating, according to Us Weekly.

A source says the breakup was "completely amicable. They are friends."

Moretti was previously involved with Wiig's pal Drew Barrymore for five years.





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FAMILY 2

Book Excerpt

Vacay 4-1-1



IT'S ALL RELATIVE Kathy Buckworth Kathybuckworth.cor

When it comes to family vacations, you don't want to leave anything behind — not a child, not a bathing suit, not a toothbrush, and certainly not your established rules and routines.

Is it a drag sticking to routines while on holidays? Absolutely. Is it worth it? One hundred per cent. Sure, go a little crazy with food (and wine, for Mom and Dad only), but try to keep the lid on such things as letting the kids stay up hours later than they usually do. Any child under three will not sleep in to make up for lost time, and they will be cranky.

It's also important to keep some basic rules around meal time alive during a holiday. If soda pop is not allowed at breakfast at home, it's probably good to stick with that during a road trip as well. Finding the time to have at least one nutritious meal a day can make a big difference, both in your waistlines and in helping the kids feel good.

Personal hygiene is another thing you don't want to let go, particularly if you are dealing with teenage boys who have already minimized their showerand tooth-brushing time to infinitesimal levels. If Wednesday is "shower night" at home, keep it going while you're away. Trick them into thinking a Tuesday is a Wednesday if the logistics don't work. What? You're the boss!

FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS AVAILABLE AT BOOKSTORES EVERYWHERE. (MCCLELLAND & STEWART, 2013)

Online

Yet another reason mommy drinks? The Fair. Follow the (mis) adventures of parenthood at metronews.ca/ voices, and preorder Reasons Mommy Drinks: the book at Amazon.ca



Things better left unsaid

Parenting. What's that rash? Forget sex. In my day. You look great! are among things not to say to new parents

From diet tips to "little baby, little problems," sleep-deprived and new parents have heard it all. And they want you to stop.

Most every new parent has a greatest hits of lame advice and annoying remarks. For fitness buff Brook Benten, mom of four-month-old Hayes, her list included her post-baby body.

"My swollen uterus made me look like I was still five months pregnant," said the Round Rock, Texas, mom. "I was elated to be a mother, but I knew good and well that I looked baaaaad. Well-intending visitors would look me once over and say, 'Wow! You look great!'"

Brandi Jordan, who owns a parenting resource centre in Los Angeles, said the way to avoid ticking off new parents is pretty simple.

"I think that people should not give advice. Period," she said. "People see it as open license when they see someone with a baby to give them their opinion on how they should have socks on, or they should have a hat on, or they need sunblock, or you shouldn't be taking them out, they're too young. Some people make themselves armchair experts because they've read a lot of things."

That, she said, is why the what-not-to-say problem is so out of control these days. Blogs, social networks and simple online searches are the armchair expert's best friends, said Jordan, who has a six-year-old.

Instead of advice, how about not coming over for a visit when you have a cold, even though you think you and your kids are no longer contagious?

But she also has a suggestion for new parents: How about not rejecting outright the experiences of your own parents due to their grandparently status?

"A lot of new parents discount what their own parents actually know, but a lot of grandparents do have good traditional things that work really well," she said.

First, she said, parents need to realize that they really do need help.

"Before, you didn't need help because your family was right there and did everything, but so many people are far re-



moved from their families."

But make sure help is help. Visits should be 10 minutes, not two hours, in the early days unless you plan to throw in a load of laundry, do dishes or cook a meal.

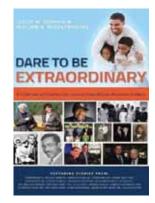
Dr. Richard So, a pediatrician at Cleveland Clinic Children's hospital, has three kids of his own. The youngest is not yet two.

leave lame advice at the door. ROBERT DABBS/

His advice for well-meaning loved ones: "Ninety per

cent is just reassuring that mother that she's doing the right things, that she's not going to harm her baby," he said. "All a new baby needs to do is eat, sleep, poop and grow." THE ASSOCIATED PRESS

I double dog dare you ... to be extraordinary



As he packed his younger son Andrew off to his first semester at college, Bill Middleton felt the anxiety and apprehension that many parents do.

His solution was two index cards printed with Middleton's 12 pieces of advice for his son — one framed and another laminated so that Andrew could tuck it away in his wallet.

Middleton's advice is now part of a book of inspiring stories from black fathers including boldface names like Russell Simmons and Allan Houston — that he co-authored with Leslie Gordon. Middleton hopes that the book, Dare to be Extraordinary: A Collection of Positive Life Lessons from African American Fathers will help parents of all communities.

Here are some of the tips Middleton gave for Andrew's first semester:

- People will be more willing to help you if you demonstrate to them that you truly care and want to succeed.
- A commitment to excellence is the shortest distance to suc-

cess. Never shortchange or shortcut an assignment or activity. Always give things your very best.

- When you experience failure

 and you will, as we all have

 don't let it devastate you.
 Rather, have it motivate you to
- don't let it devastate you.
 Rather, have it motivate you to work harder and smarter, and to persevere.
 Use your time judiciously and
- invest in your future wisely. It's always first things first! Attend classes each day, complete homework, study and then do the other things you want to do. You'll always have plenty of
- time for the other stuff.
- Be open to growth and guidance from others. Use all the tools in your bag: family, friends, professors and administrators. Don't be afraid to ask for help it's a sign of strength. If necessary, ask sooner rather than later.
- Many people have invested in you and your success. You honour their investment of trust, confidence and credibility by committing yourself to and acting in accordance with the principles outlined above were people.

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Monday, July 29, 2013

Flavours of Italy sans pots of bubbling pasta sauce



ROSE REISMAN

Bocconcini are small semisoft mozzarella cheeses. They come in large or mini balls. If you are using the larger ones, cut them into quarters. Today, bocconcini cheese is made from a combination of water buffalo milk and cow's milk.

1. Salad: Lightly coat small skillet with cooking spray and add the oil. Sauté onion slices over medium heat 10 minutes or until tender and lightly browned. Add sugar and sauté another 5 minutes. Set aside.

2. Arrange the tomatoes, bocconcini and olives on a serving platter. Place the caramelized onions on top.

3. To make the dressing: Whisk together the oil, sour cream, mayonnaise, vinegar, honey and garlic until well blended. Pour the dressing evenly over

Ingredients

Salad

- 2 tsp (10 ml) vegetable oil
- 1/2 large sweet white onion, thinly sliced
- 1 tsp (5 ml) brown sugar
- 2 large field tomatoes, cut into 1/4-inch (6 mm) slices
- 4 plum tomatoes, each cut into 4 wedges
- 1 1/2 cups (375 ml) cherry or grape tomatoes, cut in half
- 2 oz (60 g) mini bocconcini cheese, thinly sliced
- 1/4 cup (60 ml) halved olives

Dressina

- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) 3% sour cream
- 1 tbsp (15 ml) light mayo • 1 1/2 tsp (7.5 ml) balsamic vinegar
- 1/2 tsp (2.5 ml) honey
- 1/2 tsp (2.5 ml) chopped garlic
- 3 tbsp (45 ml) chopped fresh basil for garnish

the salad and toss. Garnish with basil and serve.

Healthy eating

Choose it and lose it



Little poppers are hits at get-togethers, but don't feed your quests calories, fat and sodium by serving the wrong ones.



6 Heinz stuffed jalapeno peppers

560 calories/36 g fat/1,200 mg sodium

Cream-cheese-stuffed and fried peppers are a high caloric and fat app, with a day's worth of sodium.

Equivalent

Six Heinz-stuffed jalapeno peppers are equivalent in fat to 20 vegetable egg rolls from M&M Meat Shops.





7 M&M Zucchini sticks

170 calories / 9 g fat / 380 mg sodium

Even though these are breaded and deep fried, they are much lower in fat, calories and sodium than the stuffed jalapenos.





www.NORTHLANDKIA.ca



WORK/EDUCATION

Crowdfunding only limited by imagination

Show me the money. More businesses turn to the public for help

Crippled by mounting financial debt, father and son duo David and Brian Best had few options left to save the potato farm their family has operated in Tryon, P.E.I., since the early

It was a customer who dropped in to Best Acre Farms to buy seed potatoes that sparked the family's current bid to save their livelihood crowdfunding.

"I told him I was pulling strings to find out how I can source money, and he said, Well, you might try crowdfunding," said Brian Best.

Best did just that, and without a crop in the ground, he has dedicated much of his time to the online campaign, which aims to raise \$200,000 by Aug. 1. As of Thursday, the campaign on Indiegogo.com has generated around \$8,000.

Websites like Indiegogo. com are drawing people from across Canada to crowdfunding, and the types of campaigns they fund vary widely. Whether it's building a school in Africa or trying to secure the release of an alleged video that appears to show Toronto's mayor smoking crack cocaine, the possibilities are endless.

Regardless of the cause, the components of a successful crowdfunder often remain the same, said Sandeep Pillai, a graduate student at the University of Toronto's Rotman School of Management who has studied crowdfunding.

"That ability to engage people ... is very critical in a crowdfunding campaign. Let it be a potato farm, let it be a solar watch, let it be a coffee down the street, whatever it is," said Pillai. "When a crowdfunding campaign does not become successful, it's because you were not able to engage the crowd."

In Halifax, residents can see the success of the Brooklyn Warehouse's crowdfunding campaign as they drive past the restaurant in the city's north end. About two years ago, co-owners George and Leo Christakos crowdfunded \$23,000 over 60 days to avoid the bank and expand the restaurant. George said aside from the obvious financial benefit, crowdfunding also doubles as a marketing campaign. "It is an incredible way to create awareness and marketing for an upcoming project, said Christakos.

Pillai said the idea of crowdfunding isn't new, but its accessibility is.

"It's a sign of the times," said Pillai. "There's a venue to do it; before there was not.

THE CANADIAN PRESS







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First Student

How to make one of the 'major' life decisions

Specialize this. A fresh crop of high school grads are gearing up for campus life — but how do you know what to study?

KAYZERMAN

For graduating seniors in high school, the excite-ment of completing the university or college application process and heading off to school just can't be matched. But often, the excitement ends where the anxiety about choosing a major - and the big life questions that come with it - begins. In their new book, The Secrets of College Success, professors Jeremy



S. Hyman and Lynn F. Jacobs share their tips for students looking for the right major.

Take a minute

Upon entering university, many students are encouraged to declare a major right away, but according to Hyman, that isn't necessary. "We recommend the following: don't major at the door!" she says. "I don't think picking a major is all that important and I think when possible, it's good to delay.

Take advanced courses

Many schools offer introductory courses that are watered-down introductions to subjects as a whole. Therefore students don't really get a sense of what the major is like until they take advanced courses, according to Hyman. "When possible we think it's best to test the waters," she says, "especially if you can take one or two upper division courses before putting down your quarter.

Go with what you love

It's important to pick something you're interested in, but many students have varied interests and have trouble when focusing on just one course of study. A lot of students like to double and even triple major and sometimes add a minor or two as well,"

says Hyman. "This can be a good idea if the majors have some relation to each other, but we think a far better idea is that you have a primary interest." According to Hyman, when picking a major, you are committing yourself to 10 or 12 required courses, so picking two majors - especially ones that don't relate to each other — can be a tough venture.

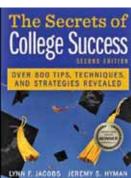
Don't focus too much on the money

"When you major in something, especially (when it is an) undergraduate major that is followed by graduate school," says Hyman, "you're having to pick a career 10 years ahead of yourself and what you think will be good 10 years from now.'

Hyman urges students to use caution when thinking so far ahead, because high-paying career choices can change, and so can the interests of the student. "When picking the major, the student should be an educated consumer and (should) use the sources available rather than just lunging at something because they've done it before.

Your major and your career don't always have to be the same thing

Of course there are fields such as health care and informa-



tion technology that require specific training and Hyman says it makes sense to match your major to a career. However, she says that picking a major is not the end-all, be-all decision. "What businesses complain about most when they hire people is not that they have the wrong major," Hyman says, "but that they have bad writing, analytical or interpersonal skills." Furthermore, Hyman says that there is no real rush. "Students think when they pick a major they're locked in for life to that major and that career. Beginning students should realize that at many colleges it's extremely easy to change a major."

No clue what to do?

Don't panic. According to Hyman, it is best to ask other people what they're doing and how they like it. "Take more courses, talk to more people, don't panic.'



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MLB

Pujols' year on the line with foot injury

Los Angeles Angels slugger Albert Pujols was put on the disabled list Sunday with a tear in his left foot that could end his season.

Manager Mike Scioscia said the star, who has a partially torn plantar fascia, will be sidelined for "a significant amount of time." THE ASSOCIATED PRESS

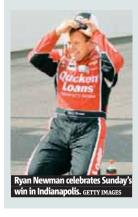
NASCAR

Newman grabs home-state win

Ryan Newman fulfilled the childhood dream of so many who grew up in Indiana — winning at storied Indianapolis Motor Speedway.

Newman, from South Bend, ended a 49-race losing streak with Sunday's victory at the Brickyard, and he did it by beating Jimmie Johnson.

Again.
Newman set a NASCAR track record in knocking Johnson off the pole in qualifying, then used a fast final pit stop Sunday to snatch the win from the four-time Indianapolis winner. THE ASSOCIATED PRESS



Steady Snedeker masters Glen Abbey

Golf. Nashville native gets big break along the way to win his first Canadian Open

Brandt Snedeker shot a 2-under par 70 on Sunday to win the RBC Canadian Open by three strokes.

The 32-year-old, who took the lead on Saturday when second-round leader Hunter Mahan withdrew after his wife unexpectedly went into labour, finished at 16 under for the tournament at Glen Abbey Golf Club for his second victory of the season and the sixth of his career.

"This is a tournament I said early on in my career I wanted to win just because my caddie is actually from Canada and it's his national open. It meant a lot to him, meant a lot to me," Snedeker said. "Third oldest tournament on Tour and it's got some great history to it, and now to put my name on that trophy, it means a lot."

Dustin Johnson (70), Matt Kuchar (71), William McGrit (68) and Jason Bohn (71) tied for second at 13 under.

Mahan was seemingly at the top of his game and had a two-stroke lead at 13 under after Thursday's 67 and Friday's 64 before rushing home to be with his wife, Kandi, who gave birth to daughter Zoe Olivia Mahan early Sunday in Texas.

"Zoe will be getting a very nice baby gift from me. I can't thank Kandi enough for going into labour early. I don't



Northern slump

David Hearn of Brantford, Ont., was the top Canadian with a final-round 73 to finish at 4 under.

- Mike Weir of Brights Grove, Ont., shot an even-par 72 to finish at 3 under.
- A cut line of 1-under par eliminated several Can-

know if I'd be sitting here if she hadn't," Snedeker said th

adians on Friday, including Graham Delaet (73) of Weyburn.

 The last Canadian to win the national open was Englishborn Pat Fletcher in 1954.
 The only Canadian-born golfer to win the tournament was Karl Keffer (1909, 1914).

Snedeker was 1 under on the day after the front nine and birdied No. 10 to move to 16 under overall. He gave that shot back on No. 12, but birdied No. 16 and parred No. 17 and No. 18 to secure \$1,008,000 of the \$5.6-million purse.

Kuchar said the breezy conditions made for a tough final round.

"Today was by far the hardest day. The wind was strong and coming from a different direction," he said. "Snedeker played some great golf. I played with him Thursday and Friday. He was just so steady and played good for four days."

THE CANADIAN PRESS

Rasmus' walk-off lifts Blue Jays over Astros



Colby Rasmus tried to forget everything that happened early Sunday afternoon.

An 0 for 3 start to the day didn't help the Toronto Blue Jays much, especially when he popped out in a big spot in the seventh inning. But when the Houston Astros chose to again intentionally walk Edwin Encarnacion to get to Rasmus in the ninth, the centre fielder came through with the gamewinning single to give the Blue Jays a 2-1 walk-off win.

"It set up the way they want it to, in their favour,

Umpire quagmire

"I've been trying to control myself as much as I can. But it is something that I'm not as good at as other players."

Jays outfielder Jose Bautista, who was thrown out of Sunday's game for arguing a called strike that led to a strikeout in the seventh inning.

with a base open able to walk Eddie," manager John Gibbons said. "And then Colby stepped up." It was shaping to be a day of missed opportunities. The Jays stranded 12 runners and had plenty of chances to take the lead.

"The at-bat before that was a tough one," Rasmus said. "The last at-bat I went up there telling myself I'm looking for a cookie and I'm not swinging at nothing else until I have to."

Jays right-hander Todd Redmond had his best majorleague start. The converted reliever struck out a career-high 10 in six strong innings.

THE CANADIAN PRESS

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Hot Sauce spices up UFC fight card

Biggest loser. Trevor Smith walks away from bout with added respect and a bonus cheque

Little-known middleweight Trevor (Hot Sauce) Smith lost but left Seattle with a \$50,000 US bonus cheque in his pocket and praise from UFC president Dana White.

"I told Smith, 'I didn't even know your name yesterday," White told reporters after Smith and Ed (Short Fuse) Herman won fight of the night honours Saturday with 15 minutes of bone-rattling action. "I know your name today."

In contrast, Canadian welterweight contender Rory (Ares) MacDonald won comfortably but drew a tonguelashing from his boss and boos from the KeyArena crowd of 7,816 after a methodical co-

main event victory over Jake (The Juggernaut) Ellenberger.

Such is life in the UFC, where winning often isn't enough. The organization is set up to reward performance, with most fight contracts carrying an automatic matching win bonus. So an undercard fighter on a basic purse of \$8,000 can double his pay with a victory.

Each card carries \$50,000 bonuses for fight of the night (for the winner and loser) and for submission and knockout of the night. The UFC is coy about the rest of its bonus structure but is known for cutting discretionary cheques for outstanding performances.

"You want more money? Go get it," said White, who has been under fire in recent months over fighter pay. "Go get it. Believe me, guys who deserve more money, we pay them. We pay the guys who make a difference.'

The big hitters

In a fight where defence seemed optional, Smith was good on 87 of 108 significant strike attempts while Herman connected on 73 of 129.

• In contrast, MacDonald connected on just 46 of 118 significant strike attempts. Ellenberger's figures were even worse.

Smith (10-4) and Herman (21-7 with one no contest) are not likely to win any titles, but they put on a show, connecting on a combined 160 significant strikes in three rounds, according to FightMetric. Both fighters were repeatedly wobbled throughout the free-swinging fight, which drew oohs and aahs from the crowd.

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MLB **AMERICAN LEAGUE**

EAST DIVISION				
	W	L	Pct	GB
Boston	63	43	.594	_
Tampa Bay	62	43	.590	1/2
Baltimore	58	48	.547	5
New York	55	50	.524	71/2
Toronto	48	56	.462	14
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	59	45	.567	_
Cleveland	56	48	.538	3
Kansas City	51	51	.500	7
Minnesota	45	57	.441	13
Chicago	40	62	.392	18
WEST DIVISION				
	W	L	Pct	GB
Oakland	62	43	.590	_
Texas	56	49	.533	6
Seattle	50	55	.476	12
Los Angeles	48	55	.466	13
Houston	35	69	.337	261/2
Sunday's results				

Toronto 2 Houston 1 Boston 5 Baltimore 0

Cleveland 6 Texas 0 Detroit 12 Philadelphia 4 Kansas City 4 Chicago White Sox 2 (12 inn.) N.Y. Yankees 6 Tampa Bay 5

Oakland 10 L.A. Angels 6 Seattle 6 Minnesota 4 Saturday's results

Houston 8 Toronto 6 Boston 7 Baltimore 3 Cleveland 1 Texas 0 Detroit 10 Philadelphia 0 Kansas City 1 Chicago White Sox 0

Minnesota 4 Seattle 0 Oakland 3 L.A. Angels 1 Tampa Bay 1 N.Y. Yankees 0

Monday's games All Times Eastern

Tampa Bay (Price 5-5) at Boston (Doubront 7-4), 6:10 p.m.

Chicago White Sox (Danks 2-8) at Cleveland (McAllister 4-6), 7:05 p.m. L.A. Angels (Weaver 5-5) at Texas (Garza

1-0), 7:05 n m Toronto (Rogers 3-4) at Oakland (Griffin 9-7), 10:05 p.m.

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	60	45	.571	_
Washington	52	54	.491	81/2
Philadelphia	49	56	.467	11
New York	46	56	.451	121/2
Miami	40	63	.388	19
CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	62	40	.608	_
Pittsburgh	61	42	.592	11/2
Cincinnati	59	47	.557	5
Chicago	48	55	.466	141/2
Milwaukee	43	61	.413	20
WEST DIVISION				
	W	L	Pct	GB
Los Angeles	56	48	.538	_
Arizona	54	51	.514	21/2
Colorado	51	55	.481	6
San Diego	48	58	.453	9
San Francisco	46	58	.442	10

Atlanta 5 St. Louis 2 Chicago Cubs 2 San Francisco 1 Colorado 6 Milwaukee 5 L.A. Dodgers 1 Cincinnati 0 (11 innings) Miami 3 Pittsburgh 2 San Diego 1 Arizona 0 Washington 14 N.Y. Mets 1 Saturday's results Atlanta 2 St. Louis 0 Chicago Cubs 1 San Francisco 0 L.A. Dodgers 4 Cincinnati 1 Milwaukee 7 Colorado 5 Pittsburgh 7 Miami 4 San Diego 12 Arizona 3

Monday's games All Times Eastern

Washington 4 N.Y. Mets 1

(O'Sullivan 0-2), 10:10 p.m.

St. Louis (Westbrook 7-4) at Pittsburgh (Liriano 10-4), 7:05 p.m. Colorado (De La Rosa 10-5) at Atlanta (Beachy 0-0), 7:10 p.m. N.Y. Mets (Hefner 4-8) at Miami (Turner 3-3), 7:10 p.m. Milwaukee (Lohse 7-7) at Chicago Cubs (Samardzija 6-9), 8:05 p.m. Cincinnati (Leake 10-4) at San Diego

CFL **WEEK FIVE**

EAST							
	GP	W	L	T	PF	PA	Pt
Toronto	4	2	2	0	118	116	4
Montreal	5	2	3	0	122	139	4
Hamilton	5	1	4	0	99	158	2
Winnipeg	5	1	4	0	115	146	2
WEST							
Saskatchewan	5	5	0	0	183	87	10
Calgary	5	4	1	0	162	133	8
B.C.	4	3	1	0	104	84	6
Edmonton	5	1	4	0	99	139	2
Saturday's res	sult						
Saskatchewa	n 32	Han	nilto	n 20)		
Friday's result	t						
Calgary 37 W	innii	ner :	24				

Montreal 32 Edmonton 27 Tuesday's game — All Times Eastern

Thursday's result

GOLF

PGA RBC CANADIAN OPEN

At Oakville, Ont. Final Round — Par 72

Brandt Snedeker, \$1,008,000 William McGirt, \$369,600 70-69-63-70—272 71-69-67-68—275 Dustin Johnson, \$369,600 75-67-63-70-275 66-74-64-71—275 70-68-66-71—275 Matt Kuchar, \$369,600 Jason Bohn, \$369,600 Roberto Castro, \$187,600 69-70-67-70-276 Mark Wilson, \$187,600 John Merrick, \$187,600 70-69-67-70—276 71-62-72-71—276 Aaron Baddelev, \$151,200 68-68-73-68-277 Jim Furyk, \$151,200 72-67-68-70-277

Also David Hearn, \$17,404 70-73-68-73-284 Mike Weir, \$14,149 Roger Sloan, \$12,805 73-67-73-72—285 71-71-72-72—286

MLS

Sunday's result — Chivas USA at Seattle Saturday's results Montreal 1 Kansas City 0

Toronto 2 Columbus 1 Philadelphia 1 Vancouver 0 Colorado 2 Los Angeles 0 Houston 1 Chicago 1 New England 2 D.C. 1 New York 4 Real Salt Lake 3

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

T Aries

March 21 - April 20

Don't start the week in a negative frame of mind. Everything will be resolved to your complete satisfaction over the next seven days – as the Sun in your fellow Fire sign of Leo suggests.



Recent setbacks may have been disappointing but you will begin to see them in a more positive light over the next few days.

II Gemini May 22 - June 21

Beneath that cool exterior you are worrying about all sorts of weird and wonderful things. Why? It's really all good.

9 Cancer

June 22 - July 23

Life has taken a more serious turn in recent days and you will certainly have to take a more responsible approach to matters related to your finances this coming week. Do whatever it takes to make ends meet.

Ω Leo

July 24 - Aug. 23

Something you hear today will no doubt worry you a bit but if you make an effort to read between the lines you may discover that the "facts" are not quite what they seem.

W Virgo Aug. 24 - Sept. 23

An interesting offer will come your way today but you are more than a little suspicious about it. Why would someone you hardly know want to help you? Whatever the reason it's a genuine offer, so say "Yes".

△ Libra

Sept. 24 - Oct. 23

You don't need an excuse to have a good time so don't bother looking for one. The Sun in Leo demands that you spend as much time as you can with your real friends they're the ones who make you laugh.

M Scorpio

Oct. 24 - Nov. 22

Whatever happens keep your wits about you and keep your eyes and ears open for opportunities you can exploit.

プ Sagittarius Nov. 23 - Dec. 21

If something is bothering you - and it is - then you must pluck up the courage to ask for advice, even though you hate to reveal you are not in

17 Capricorn

Dec. 22 - Jan. 20

From the look of your solar chart it seems you are in possession of inside information that can be used to further your ambitions. Is it immoral to do so? Of course

Aquarius

Jan. 21 - Feb. 19

Someone is trying to grab your attention and sooner or later you are going to have to see what they want. Make it sooner if you can because if you are obliged to do them a

H Pisces

Feb. 20 - March 20

You seem to have overdone it a bit over the past week or so and now you must rest and recuperate. Even if you still seem strong physically your mind is certainly feeling the strain. SALLY BROMPTON

Crossword: Canada Across and Down

Across

tion

1. Beyonce's alterego, Fierce 6. Guns the engine 10. Succeed

antonym 14. Mil. rank, 15. Fail to men-

16. Gloriole 17. ___ pursuit, as police-to-acriminal

18. Knocked noggin result 19. Thingy

20. Tortilla chips brand

22. This clue's direction 24. "Let's leave

that then. __ 25. Island of the

Marianas 26. Vancouverborn actress,

Kristin 28. Where Queen Elizabeth summers in Scotland,

Castle 32. Observe

33. Singer Mr. Rucker 35. Three x Three's

answer 36. Dumbstruck: 2

wds. 38. Finish

39. __ Temple Pilots 40. Constellation for the star Vega

41. Chuck's bride

on July 29th, 1981: 2 wds.

43. __ du jour = Juice of the day 44. British Columbia city

46. Killer whales 48. Ad-__ (Improvises) 49. Toronto attrac-

tion, Casa 50. Sir Mackenzie (Prime Minister, from

1894 to 1896) 53. 'D' of TD Bank

62

57. Oomph 58. Sigher's word 60. Hamilton street;

or, "Lost" character 61. Sell

62. "The Good_ on CBS

63. "___ the news today, oh boy..." - The

64. Lotus positiondoing class 65. Hardens 66. Ms. Perry's of music

60

22

Down

1. Skirt feature 2. __ time (Never): 2 wds.

3. Learning insts. 4. Band #33-Across fronted, __ & The Blowfish 5. Elevation 6. Sci-Fi flick 'creature'

7. Aussie birds 8. Bathroom cleansing brand

9. As per #41-Across, where the royal nuptials took place: Cathedral 10. The ___ Banff

Springs Hotel 11. Driveway sight

12. Burns up 13. Getaways

21. "...we'll o' kindness yet...'

Robert Burns 23. Ms. Diaz, to pals

25. Tacky

26. Country in

Africa

27. Weaponize again

28. Adheres

29. Spanish wine region

30. horribilis, 1992 for The Queen

31. Spike and Bruce 32. Fancy fabric

34. Brings in 37. Niagara Falls-

crossing daredevil 39. Nunavut's

National Park

41. Canadian grocery store chain

42. Ruination 45. Salad dressing

ingredient 47. Saskatchewan

town 49. Misplaces

50. Bunch

51. Spread-for-bread 52. Wedding dress

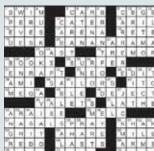
designer Vera 53. Wacky

54. Actor/rapper, __-_

55. "That's fine." 56. Mr. Beatty's

59. Fib

Friday's Crossword



Sudoku

Beatles

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	0	5	2	7	1	4	3	-9
3	7	2	4	5	9	8	1	ĕ
4	9	1	8	3	6	2	5	7
6	-8	3	5	4	7	1	9	2
9	1	7	6	2	3	5	8	4
5	2	4	9	1	18	7	6	3
1	3	8	7	9	2	6	4	5
2	4	9	1	6	5	3	7	8
7	5	6	3	8	4	9	2	1

2			1		9			5
		7			5			
				6			3	
9	8			1				6
		4	2		3	7		
3				4			2	9
	5			7				
			8			1		
8			3		6			7

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TODAY

TUESDAY







ANDREW SCHULTZ

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